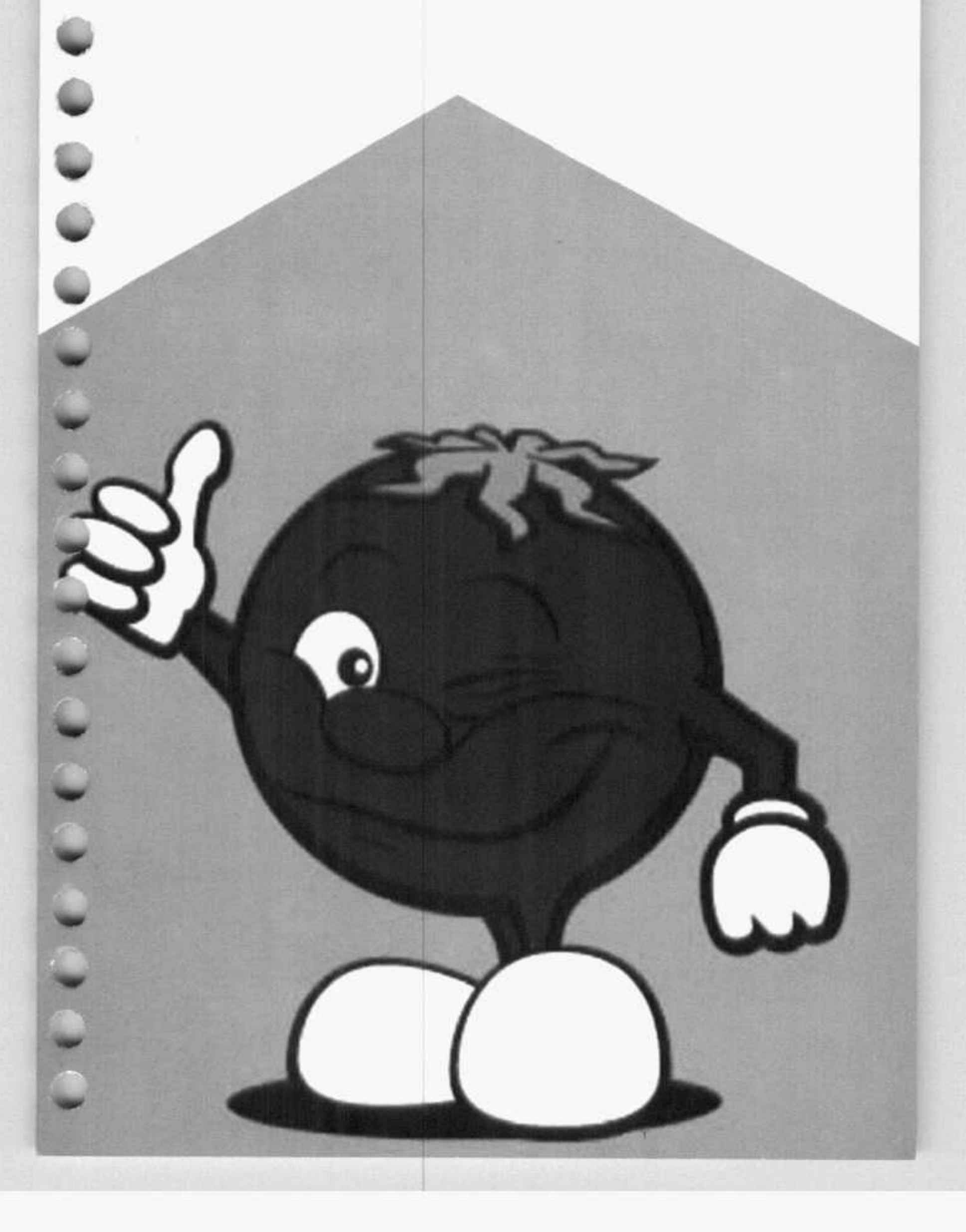
Egyptian Vegetarian Meals



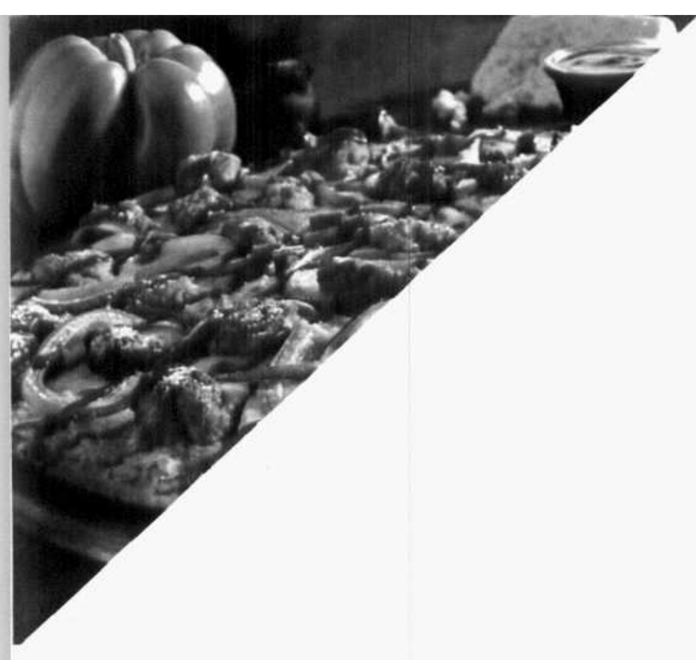


Egyptian

Vegetarian Meals

MAGDA MEHDAWY





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مترجم عن النسخة العربية
وجبات نباتية
Egypt .Tel: + (2) 012 333 0464
E-mail: matbakh_gedetey@hotmail.com

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Introduction

Now aday's more people are becoming vegetarians whether for health concerns or even religious believes,which unfortunately leave them with very limited choices or substitutes for protein. Giving up on eating fish, poultry and meat makes cooking or preparing tasty healthy meals a very tricky job and sometimes it could be rather boring. Hence this book contains a wide variety of healthy vegetarian food that could come in handy for most vegetarian people.

Magda Mehdawy



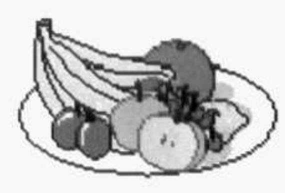
Meal (1):

Breakfast:

- Broad beans with oil and lime juice
- White cheese with tomatoes
- Browen bread
- Tea or coffee with milk (opt)

Lunch:

- Green peas cream soup
- Mixed vegetables casserole
- Rice with vermicelli
- Mixed pickles
- Season fruits



Dinner:

- Boiled eggs with thyme dokka
- Yoghurt with honey

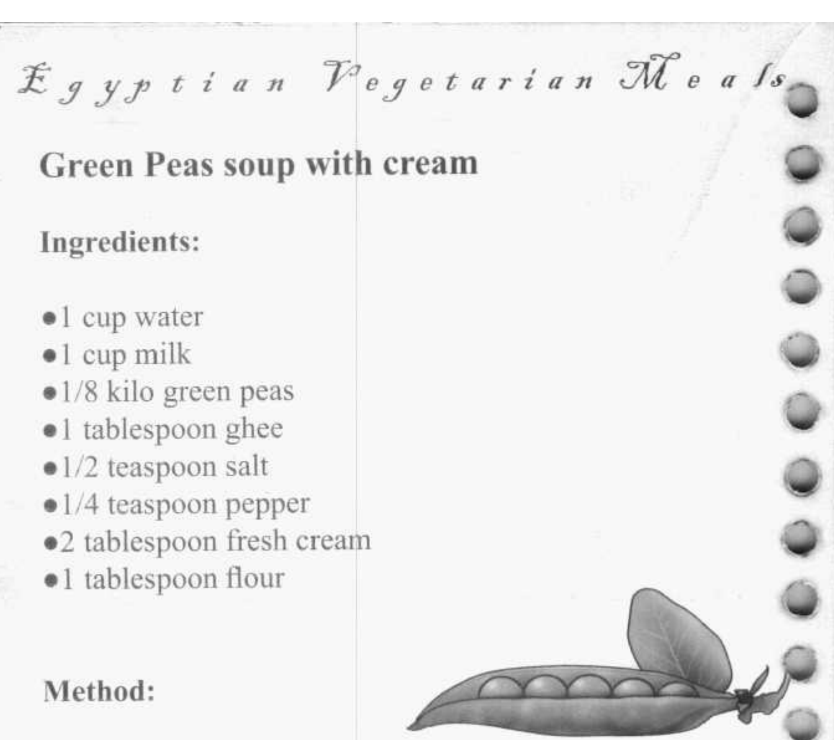


Green Peas soup with cream

Ingredients:

- 1 cup water
- 1 cup milk
- 1/8 kilo green peas
- 1 tablespoon ghee
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoon fresh cream
- 1 tablespoon flour

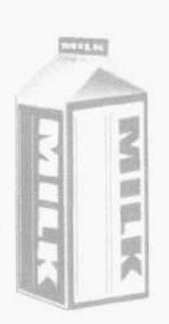
Method:



1- Melt ghee, fry flour in till it becomes golden in color, then add water and cold milk, keep stirring, add salt and pepper and allow boiling for 10 minutes.

2- Add peeled green peas and allow cooking completely (about 15 min).

3- Add fresh cream and serve hot





Mixed vegetables casserole

Ingredients:

- 1/8 kilo zucchini
- 1/8 kilo okra
- 1/8 kilo eggplant
- 1/8 kilo sweet peppers
- 1/8 kilo green peas
- 1/8 kilo tomatoes
- 1 large onion
- 2 cloves garlic
- 1 tablespoon ghee
- 1/2 tablespoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon mixed spices
- 1 cup water
- 1 cup tomato juice



Method:

1- Clean vegetables and cut into bite-sized pieces then wash.

2- Slice onions and garlic, add salt, pepper, and mixed spices and rub all together.

3- Dice tomatoes. Mix well with all above ingredients.

4- Place vegetables in a metal baking pan. Add water and ghee. Place on medium heat for 30 minutes, then in a medium hot oven until lightly browned and cooked. Serve hot.



Meal (2):

Breakfast:

- Whole grain wheat with milk
- White cheese and cucumber
- Bowen bread
- Tea or coffee with milk (opt)



Lunch:

- Yellow lentils soup with vegetables
- Lentils fatta with garlic and vinegar
- Green onions
- Ground rice pudding with cinnamon

Dinner:

- Pizza with vegetables and cheese
- Tomatoes and cucumber with mayonnaise





Yellow lentils soup

Ingredients:

- 1/4 kilogram yellow lentils
- 1 small potato, chopped into four quarters
- 1 small carrot, chopped into four quarters
- 1 small tomato, chopped into four quarters
- 1 tablespoon corn oil
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1 large onion
- 1 liter water
- 1 tablespoon chopped parsley
- Squares of pita bread sautéed in 1 tablespoon ghee

Method:

1- Wash lentils well. Cover with water. Add tomato, potato, carrot, and salt and bring to a boil .Simmer for half an hour, skimming any froth that forms.

2- Remove from heat. Strain, using a vegetable strainer or puree in a blender.

3- Chop onion and fry in oil until golden. Add strained lentils, water, and cumin then simmer for 10 minutes.

4- Garnish with chopped parsley and serve hot with fried bread squares.





Lentils fatta

Ingredients:

- 1 cup lentils soup (See previce recipe)
- 1stale loaf of balady bread
- 2 tablespoons vinegar
- 2 cloves garlic
- 2 tablespoons ghee
- 1/4 teaspoon black pepper



Method:

1- Cut bread in small squares, coat in 1 tablespoon ghee and toast.

2- Pour hot lentil soup over bread and set aside until absorbed (About 5 minutes).

3- Chop garlic and fry in 1 tablespoon ghee until yellow, add vinegar.

4- Sprinkle on top of Fattah along with some pepper. Serve





Meal (3):

Breakfast:

- Fried crushed beans patties (Falafel)
- Brown bread
- Molasses with sesame paste (Asal we tahina)
- Tea or coffee with milk (opt)

Lunch:

- Strained vegetable soup
- Spaghetti with herbs
- Fried cauliflower
- Tomatoes with garlic and cumin
- Crème caramel

Dinner:

- Omelets with vegetables
- Green salad
- Season fruits



Spaghetti with herbs

Ingredients:

- 1/4 kilogram spaghetti macaroni
- 1/2 smal bunch parsley
- 1/2 bunch dill
- 2 cloves garlic
- 100 gram butter
- 1 sweet pepper
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Method:

1- Boil spaghetti for 20 minutes, then strain and rinse with cold water.

2- Chop garlic, sweet pepper and herbs into small pieces after washing them well, then add salt and pepper and mix well with spaghetti.

3- Put all ingredients in a Pyrex plate or a tray then add butter equally on the surface.

4- Put in a medium heat oven for about 15 minutes, serve hot





Omelet with vegetables

Ingredients:

- 4 Eggs
- 2 Tablespoons flour
- 1 Medium onion
- 2 Tablespoons chopped parsley
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 Cup corn oil

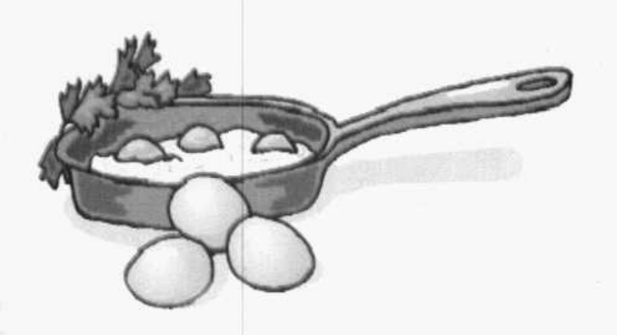
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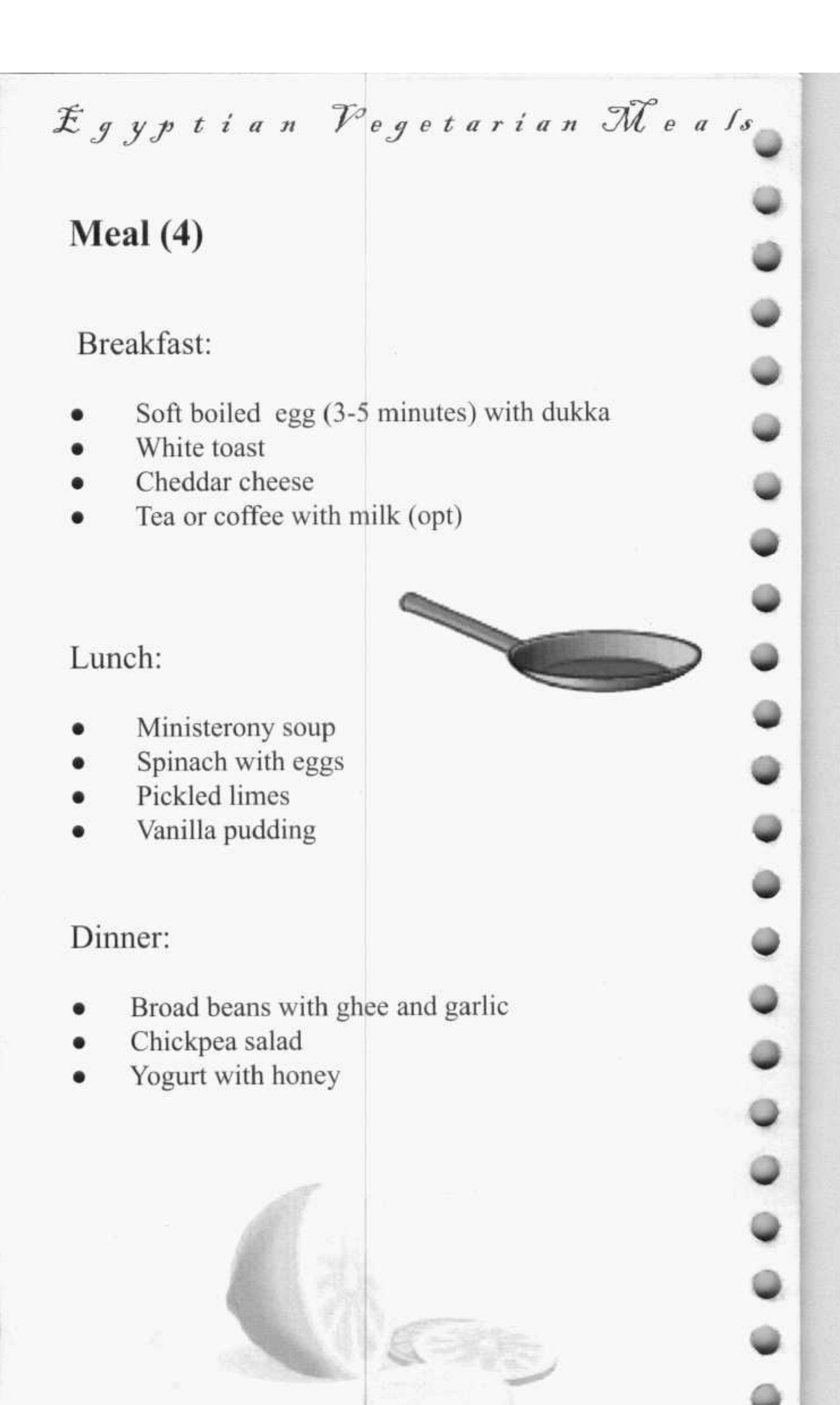
1- Chop onion and sauté in oil until yellow in color.

2- Beat eggs and season with salt and pepper .Add flour, parsley, and sautéed onion, beat with a whisk or a fork.

3- Heat oil, add egg mixture and cook until set. Flip over and cook until golden brown. Serve







Meal (4)

Breakfast:

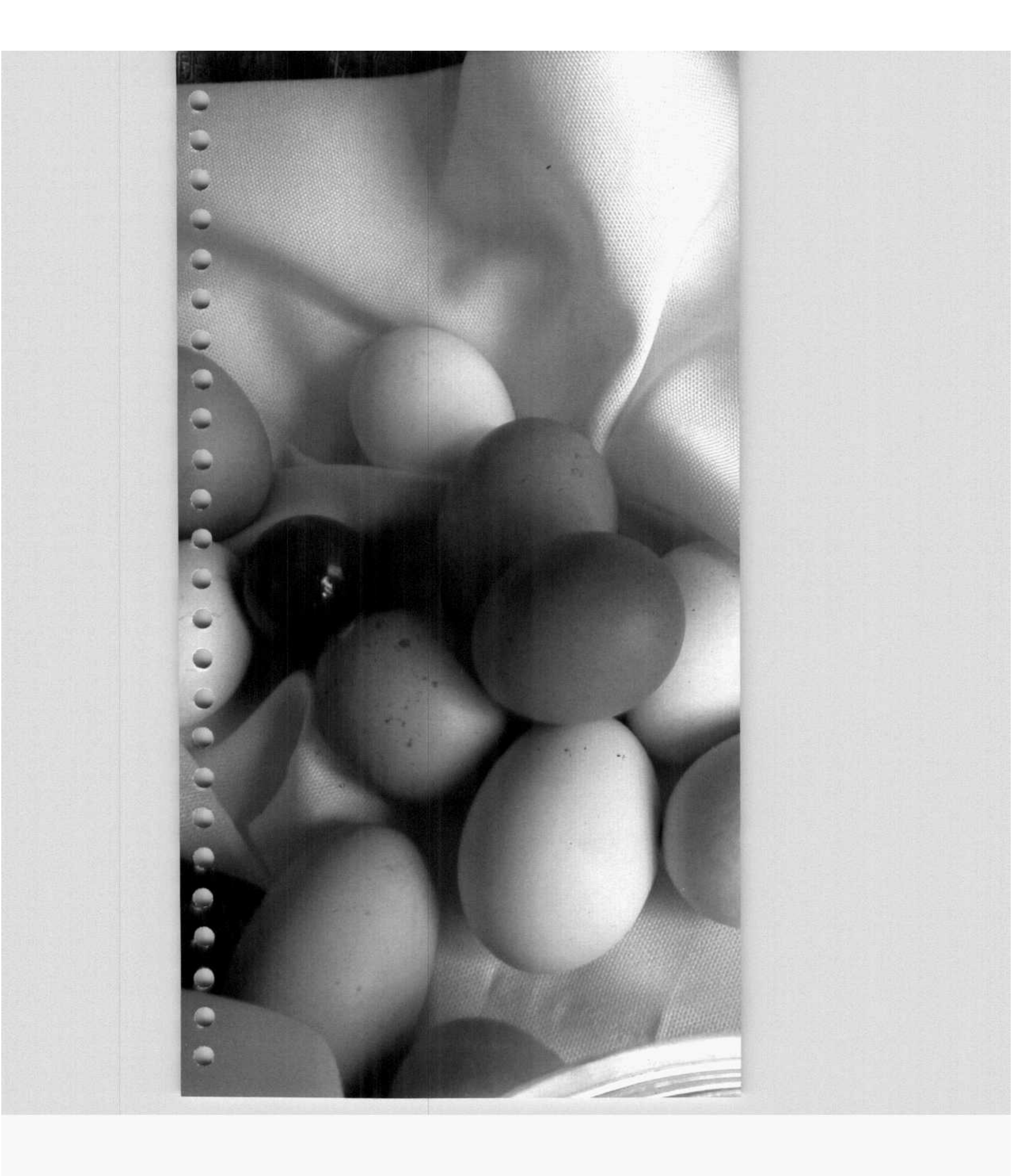
- Soft boiled egg (3-5 minutes) with dukka
- White toast
- Cheddar cheese
- Tea or coffee with milk (opt)

Lunch:

- Ministerony soup
- Spinach with eggs
- Pickled limes
- Vanilla pudding

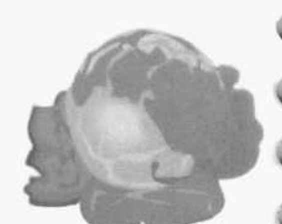
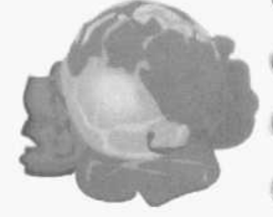
Dinner:

- Broad beans with ghee and garlic
- Chickpea salad
- Yogurt with honey



Ministerony Soup

Ingredients:

- 1/3 cup white beans
- 1 cup tomato juice
- 1 medium chopped onion
- 1/2 cup cubed squash
- 1/2 cup chopped celery
- 1/4 cup vermicelli
- 1/2 cup chopped cabbages
- 1/4 cup chopped roomy cheese
- 3 tablespoons corn oil
- 1 teaspoon crushed garlic
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 3 1/2 cup water
- 1 tablespoon chopped parsley
- 3 chopped basill leaves



Method:

1- Boil white beans in salted water for 10 minutes then strain and set aside.





2- Fry chopped onion, celery and crushed garlic in oil tell turn golden yellow.




3- Add cubed squash and chopped cabbages; stir for 5 minutes then add water,tomato juice and basill leaves.



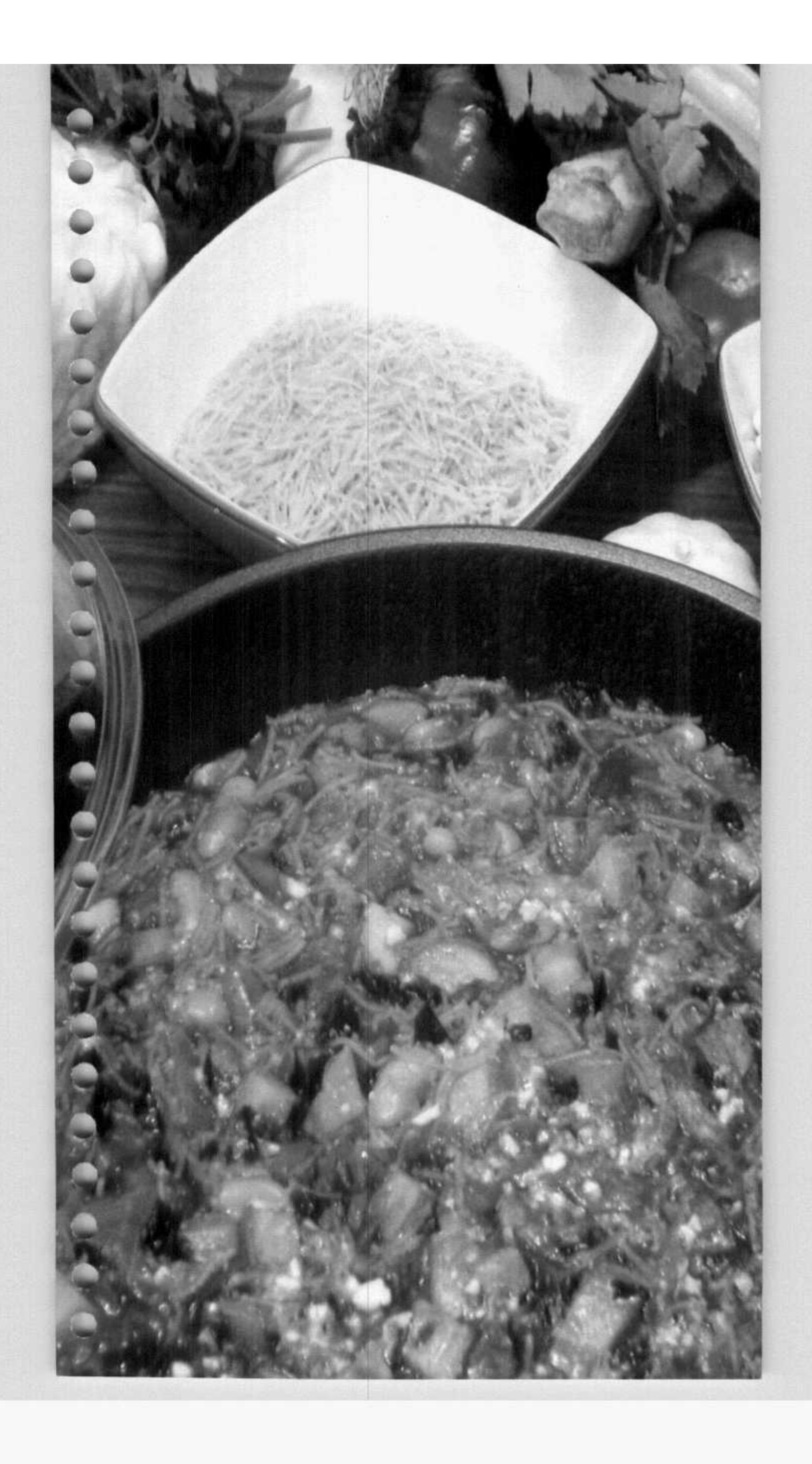


4- Add vermicelli and allow full cooking (about 10 minutes) then add white beans,chopped parsley, and season with salt and pepper.




5- Serve in a deep dish, garnish with chopped roomy cheese .





Spinach with eggs

Ingredients:

- 1/4 kilogram spinach
- 2 eggs
- 1/2 cup water
- 1 tablespoon ghee
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Method:

1- Cut spinach, wash, add water and bring it to a boil.

2- Stir and season with salt and pepper.

3- Bring a Pyrex plate, cover with ghee then add spinach, and with a tablespoon make 2 holes and put the eggs inside, then season with a little of black pepper.

4- Bake in a medium hot oven for 30 minutes and serve.



Meal (5):

Breakfast:

- Milted cheddar cheese with toast
- Jam and butter
- Tea or coffee with milk (opt)

Lunch:

- Tomato cream soup
- Mixed stuffed vegetables (Dolma)
- Green salad
- Konafa with nuts

Dinner:

- Whole grain wheat with milk
- Broad beans with butter and garlic





Mixed Stuffed Vegetables (Dolma)

Ingredients:

- 1/4 kilogram zucchini, medium to small
- 1/4 kilogram aubergine
- 1/4 kilogram small tomatoes, one size
- 1/4 kilogram small sweet peppers
- A piece of white celery
- 2 bay leaves
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1 recipe faked dolma mix (see next page)
- 4 cloves garlic, crushed
- 1 sliced tomato
- 1 sliced onion
- 2 cups water
- 1 lime juice
- 2 tablespoons ghee
- Wax paper

Method:

1- Core zucchini and aubergine, then soak in salted water.

2- Cut pepper cap horizontally and remove seeds, retain cap and stem to use as a cover after stuffing.

3- Slice through upper part of tomato horizontally to remove cap, using a spoon, core tomatoes, season inside with salt and pepper, invert, and set aside for five minutes.

4- Stuff Vegetables with the basic faked dolma mix.

5- Arrange tomato and onion slices, celery, bay leaf and crushed garlic in the bottom of a deep pot, arrange stuffed vegetables vertically.

6- Add ghee, lime juice, salt and pepper. Cover with wax paper then with pot lid.

7- Cook for 15 minutes then start adding water gradually until fully stewed. Serve hot.



Faked Dolma Stuffing

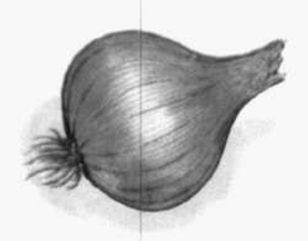
(Dolma is the filling of stuffed vegetables including ground meat – so faked dolma means without meat)

Ingredients:

- 1/4 kilogram onions
- 1/4 kilogram tomatoes peeled and seeded
- 1 cup tomato juice
- 1/4 kilogram rice
- 2 cups water
- 1/4 cup oil
- 2 limes
- 10 grams sugar
- 1 small bunch parsley
- 1small bunch mint
- 1/2 teaspoon black pepper
- 1 teaspoon salt

Method:

1- Finaly grate onions and sauté in oil, add rice and continue stirring.
2- Add tomato juice, salt and pepper. Cook rice until 2/3 cooked (about 20 minutes), allow cooling.
3- Add lime juice, sugar, parsley, mint and tomatoes. Mix all ingredients well and use for stuffing.





Meal (6):

Breakfast:

- strained broad beans with oil and lime juice
- White cheese and black olives
- Black bread
- Tea or coffee with milk (opt)

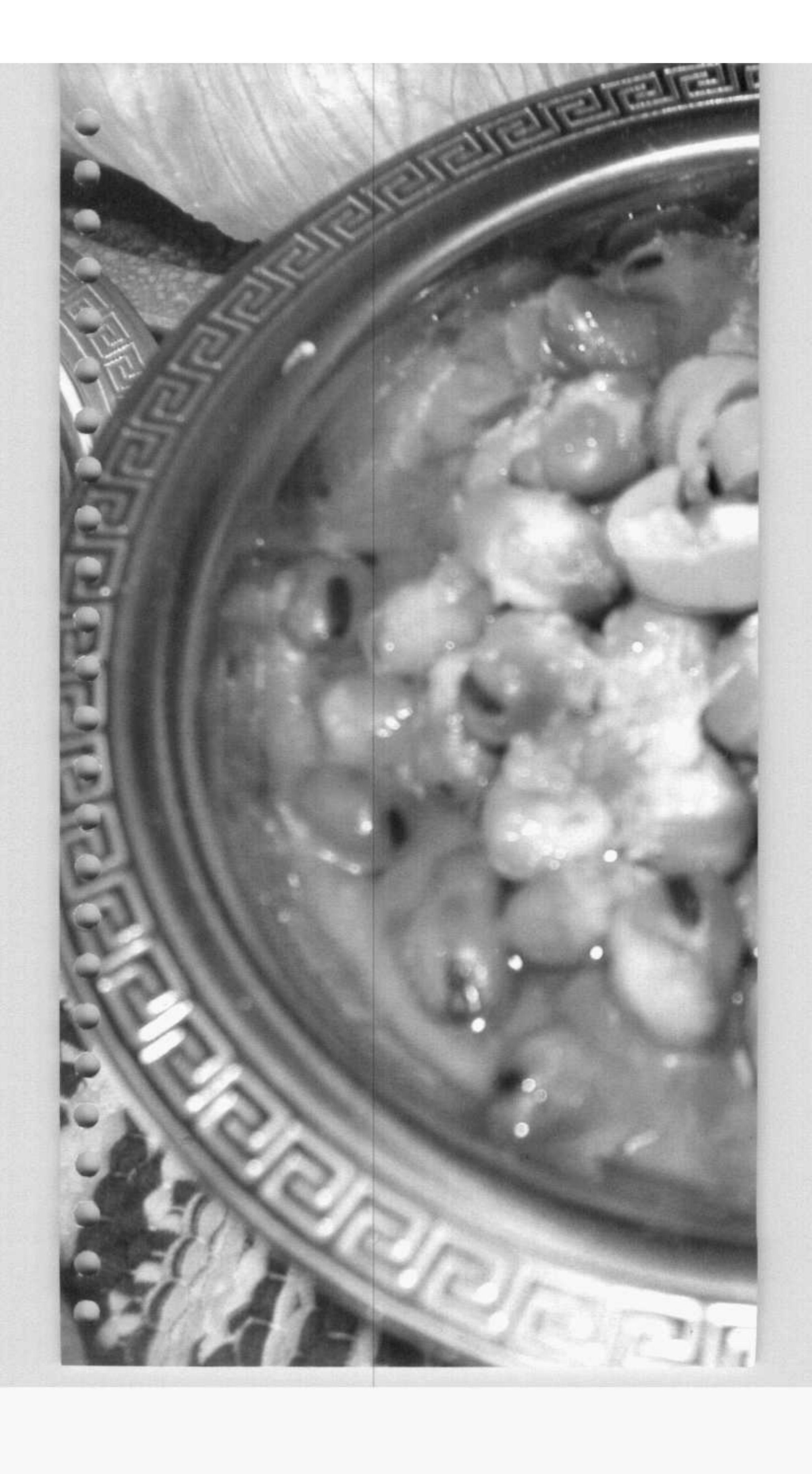
Lunch:

- Vegetable soup
- Couscous with vegetable casserole and check peas
- Couscous with powder sugar and toasted nuts

Dinner:

- Rice and egg broth (Sakhina)
- Jam and butter





Couscous

Ingredients

- 1/2 kilograms white or semolina flour
- 1/4 teaspoon salt
- 1 cups water
- 2 tablespoons ghee
- 1/2 cup toasted nuts
- 1/2 cup powder sugar

Method

1- Sift flour and salt, sprinkle lightly with water until evenly moistened.

2- Rub between the palms of both hands to form short strings.

3- Force through a wide-holed colander to form large, round grain.

4- Using a couscous pot, steam for 30 minutes, cool. Sprinkle once more with water.

5- Force through a narrow-holed colander to form fine, round grains. Steam for a further 10 minutes.

6- Add ghee to hot couscous and stir well. Serve with powder sugar and toasted nuts.



Vegetable Casserole with check peas

Ingredients

- 1 medium onion
- 4 cloves garlic
- 1/4 tomatoes
- 1small sweet pepper
- 1 small cup boiled check peas
- 1 tablespoon ghee
- 1 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon mixed spices

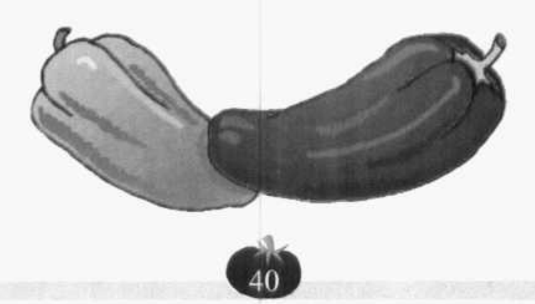
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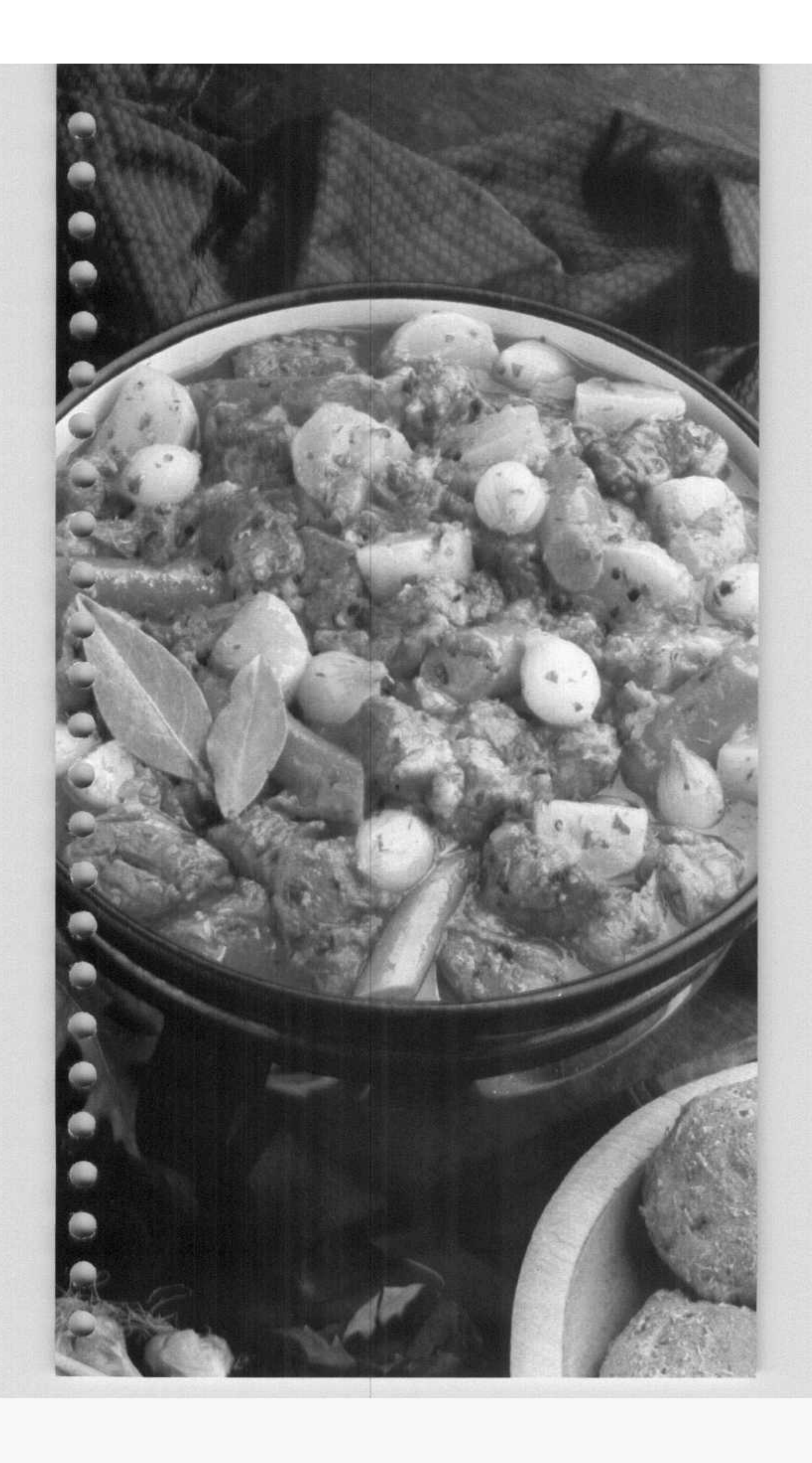
1- Cut tomatoes to small cubes, then add slices of onion, garlic and green pepper, season all with salt, black pepper and mixed spices.

2- Add boiled check peas, ghee and water, then bring it to boil for half an hour tell vegetables are well cooked.

3- Simmer over low heat until completely cooked (about 15 minutes).

4- Serve in a separate deep dish with couscous.





Rice and Egg Broth

Ingredients

- 4 eggs
- 1/4 cup rice
- 1 medium onion
- 1 tablespoon crushed caraway seeds
- 1 tablespoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons corn oil
- 1/2 liter water



Method:

1- Chop onion and sauté lightly in oil until golden yellow.

2- Add water and season with salt, pepper, cumin, and caraway, bring to a boil.

3- Wash rice then add to boiling water, simmering for about 10 minutes until almost cooked.

4- Crack eggs, one by one into previous mixture, and cook for 5 minutes.

5- Serve as a soup with poached eggs.





Meal (7):

Breakfast:

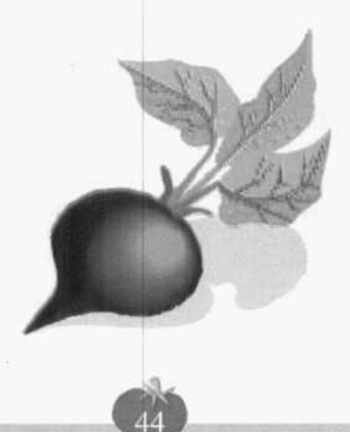
- Omelet
- Cheddar cheese
- White toast
- Butter and honey
- Tea or coffee with milk (opt)

Lunch:

- Tomato soup with fresh cream
- Mushrooms Alexandrian style
- Macaroni with béchamel sauce and cheese
- Sautéed vegetables with mayonnaise
- Baklava with toasted nuts

Dinner:

- Fried crushed bean patties
- Chickpea salad with tahini
- Beetroot's salad





Mushroom as (Alexandrian's liver Style)

Ingredients:

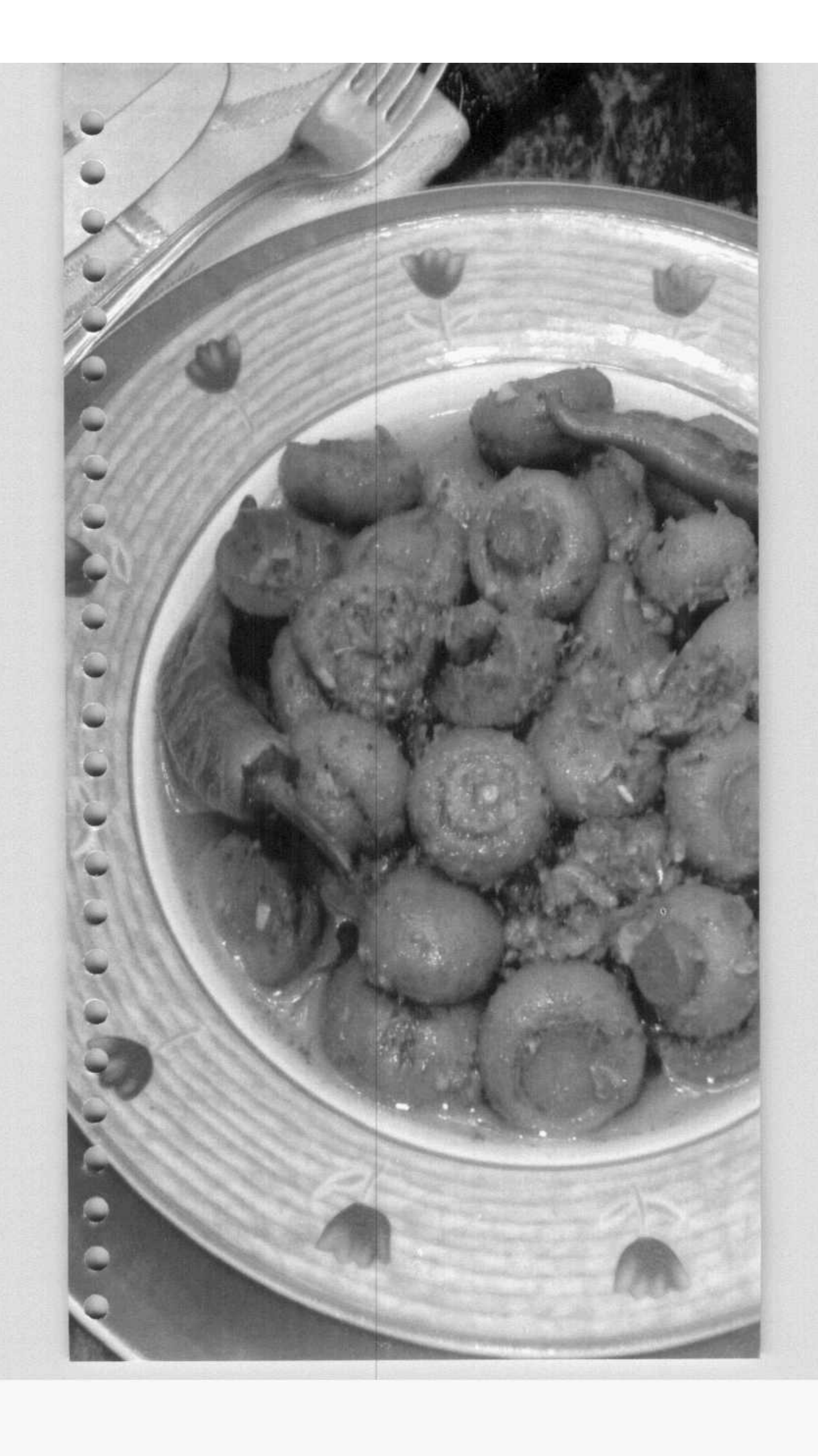
- 1/4 kilogram fresh mushroom
- 4 cloves garlic
- 1 hot chili pepper
- 1 tablespoon dried coriander
- 1 tablespoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons corn oil
- Juice of 2 limes

Method:

1- Crush garlic, chili, coriander, cumin, salt, and pepper,add to mushroom along with half of the lime juice.

2- Heat oil, add mushroom pieces gradually, stirring constantly until mushroom pieces are lightly browned. Season with the remaining lime juice and serve.





Baklava with Nuts

Ingredients

- 1/2 Kilogram goulash (filo dough)
- 1 small cup ghee
- 1 cup chopped and toasted hazelnuts or walnuts
- 1 tablespoon sugar
- 1 large cup sugar syrup, cooled

Method

1- Coat a rectangular pan (34 x 22 cm) with ghee, arrange goulash sheets in layers coating sheets lightly with ghee.

2- Mix nuts and sugar and sprinkle over half of layered goulash. Arrange remaining goulash as in previous step.

3- Using a sharp knife, cut goulash diagonally into small diamond shapes, drizzle with hot ghee.

4- Bake in a medium hot oven until top is golden in color. Pour cold syrup over it and return to turned off hot oven for 5 minutes. Serve

Syrup:

- 1/2 Cup water
- 1 Cup sugar
- Juice of 1/2 lime

Method

To prepare syrup, combine water, sugar and lime juice. Cook over heat, stir until sugar dissolves and syrup reaches the desired thick consistency (about 20 minutes) then cool.



Meal (8):

Breakfast:

- White cheese
- Olives
- White toast
- Molasses and tahini
- Tea or coffee with milk (opt)

Lunch:

- Bean sprout soup
- Bean sprout kishk
- Potato salad with garlic and parsley
- Fruit salad

Dinner:

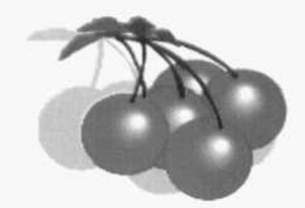
- Pastry stuffed with spinach and cheese
- Chickpea salad
- Greek salad



Bean Sprout Kishk

Ingredients

- 1/2 kilogram bean sprouts
- 1 liter water
- 4 cloves garlic, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon red pepper
- 1cup tomato juice
- 4 tablespoons corn oil
- 1cup yogurt
- 1/2 cup flour
- 1/2 cup water
- 1 large onion



Method

1- Boil water, add garlic, salt, and red pepper and boil for a few minutes.

2- Add bean sprouts after peeling. Cook until well done (about 30 minutes).

3- In another saucepan, place tomato juice, 1 tablespoon corn oil, salt, and pepper, cook until sauce thickens and oil rises to the top.

4- Mix yogurt, flour, and water. Add to beans, stirring,then add cooked tomato sauce. Mix all ingredients and cook until it is thick (like pudding).

5- Place in a deep dish. Slice onions and fry in remaining oil until golden brown. Use to garnish top of dish. Cool, serve.



Potato Salad

Ingredients

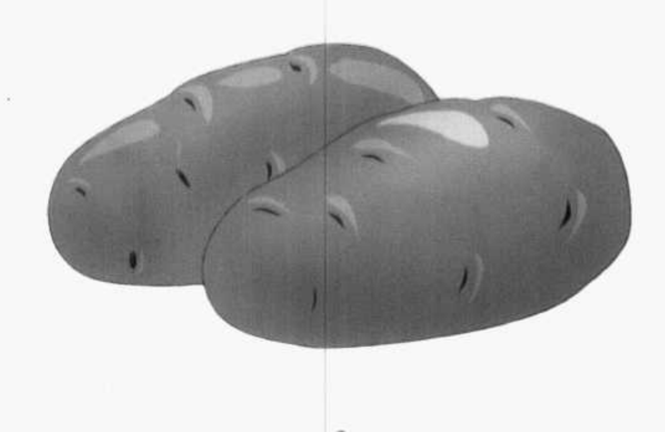


- 2 boiled potatoes
- 2 cloves garlic
- 2 tablespoons corn oil
- 1 teaspoon lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon cumin
- 2 tablespoons chopped parsley

Method

1- Cube boiled potatoes. Crush garlic and mix with oil, lime juice, salt, pepper, and cumin, mix with potatoes.

2- Garnish with parsley and serve.





Meal (9):

Breakfast:

- Whole grain wheat with milk
- Stewed broad beans with seasoning Mix
- Brown bread
- White cheese
- Tea or coffee with milk (opt)

Lunch:

- Cracked wheat soup with parsley
- Eggs with rice
- Breaded fried kufta (Potato & green peas)
- Mixed oriental desserts

Dinner:

- White cheese with cucumber
- Yogurt with fruits



Eggs with Rice

Ingredients

- 2 cups rice
- 1 onion
- 2 tablespoons ghee
- 2 cups water
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 eggs

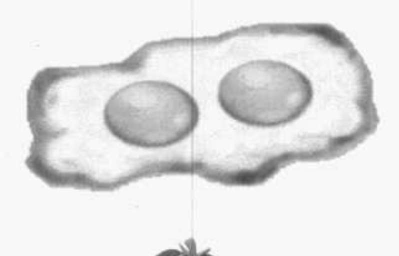
Method

1- In a sauce pan, chop onion and sauté lightly in ghee until golden yellow in color.

2- Add water and season with salt and pepper, bring to a boil.

3- Add rice and cook until liquid is almost absorbed, make 3 hollows in the rice and crack one egg into each, leaving equal spaces between each hollow.

4- Cover saucepan and cook over low heat until fully cooked (about 10 minutes). Serve.





Broad Beans with Seasoning Mix

Ingredients

- 1 cup stewed broad beans
- 2 tablespoons corn oil
- Juice of 2 limes
- 2 tablespoons tahini
- 1/2 teaspoon salt
- 1 teaspoon cumin
- 1 tomato
- 1 hot chili pepper
- 2 cloves garlic

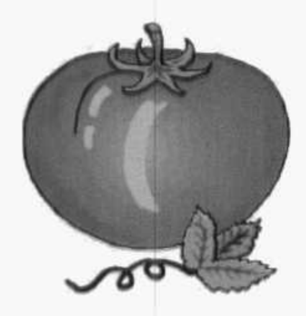
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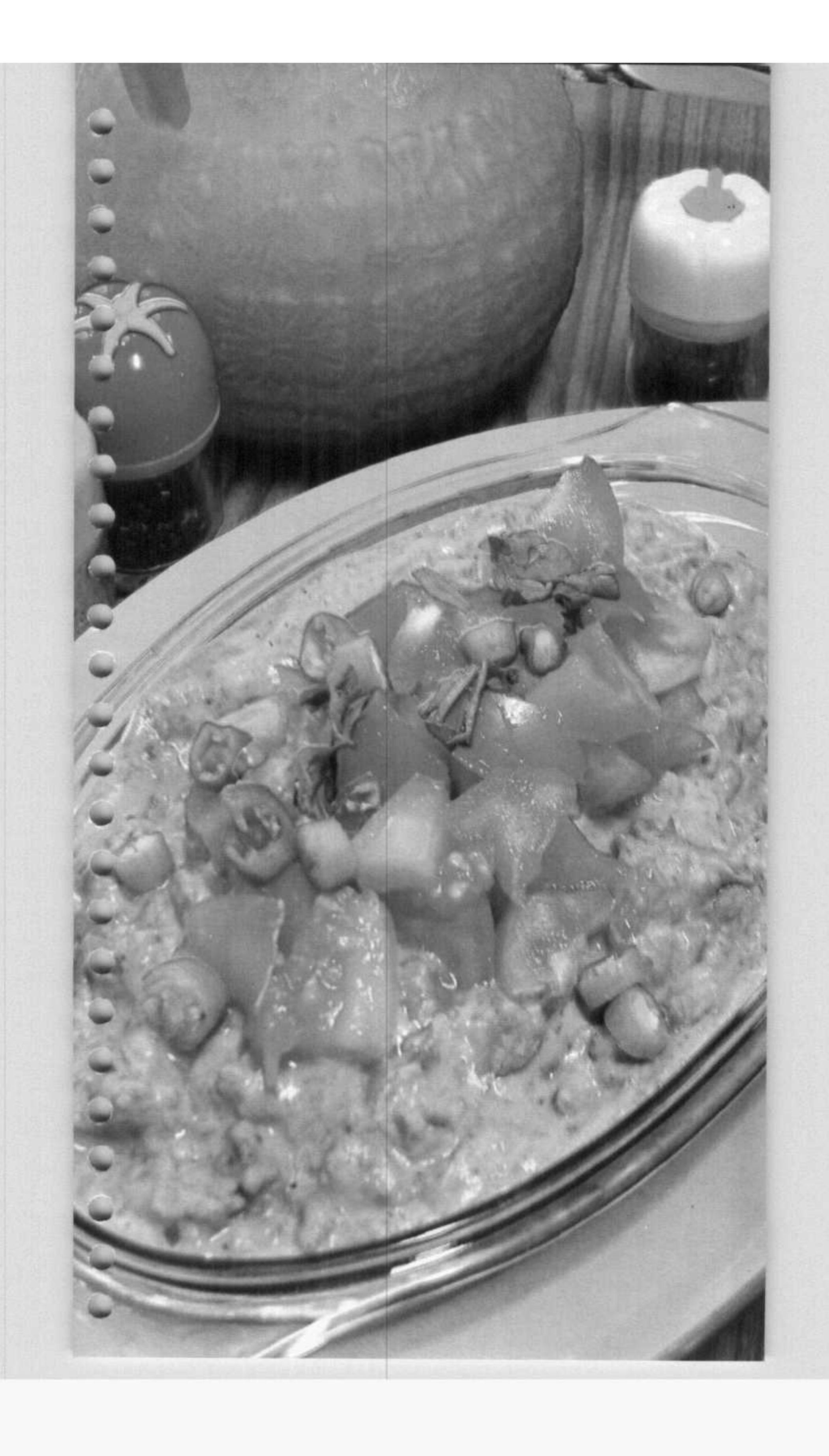
1- Heat beans, add oil, lime juice, tahini, salt, pepper, and cumin.

2- Dice tomato and chili pepper, add to beans .

3- Mince garlic finely and add to mixture. Mash well with a fork, while cooking over very low heat.

4- Serve as a sandwich filling for pita bread.





Meal (10):

Breakfast:

- Stewed broad beans with olive oil
- Chickpea's salad
- Green salad
- Jam and butter
- Brown bread
- Tea or coffee with milk (opt)

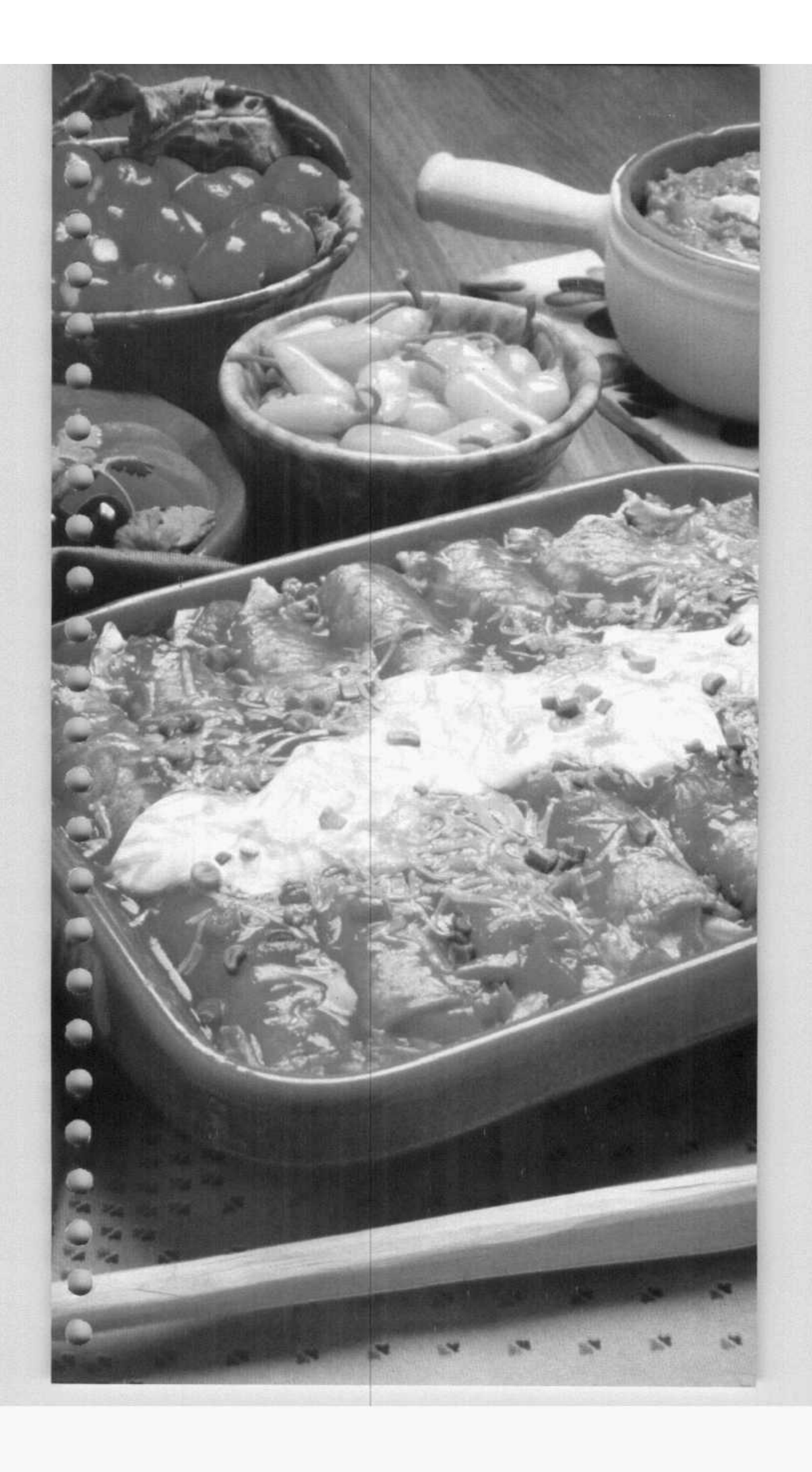
Lunch:

- Yellow lentils with rice
- Boiled fried eggs
- Eggplant and yogurt salad
- Cream caramel

Dinner:

- Cannelloni with spinach and cheese
- Garlic bread





Yellow Lentils with Rice

Ingredients

- 1 cup rice
- 1 cup yellow lentils
- 1 tablespoon ghee
- 2 cups water
- 1 teaspoon salt

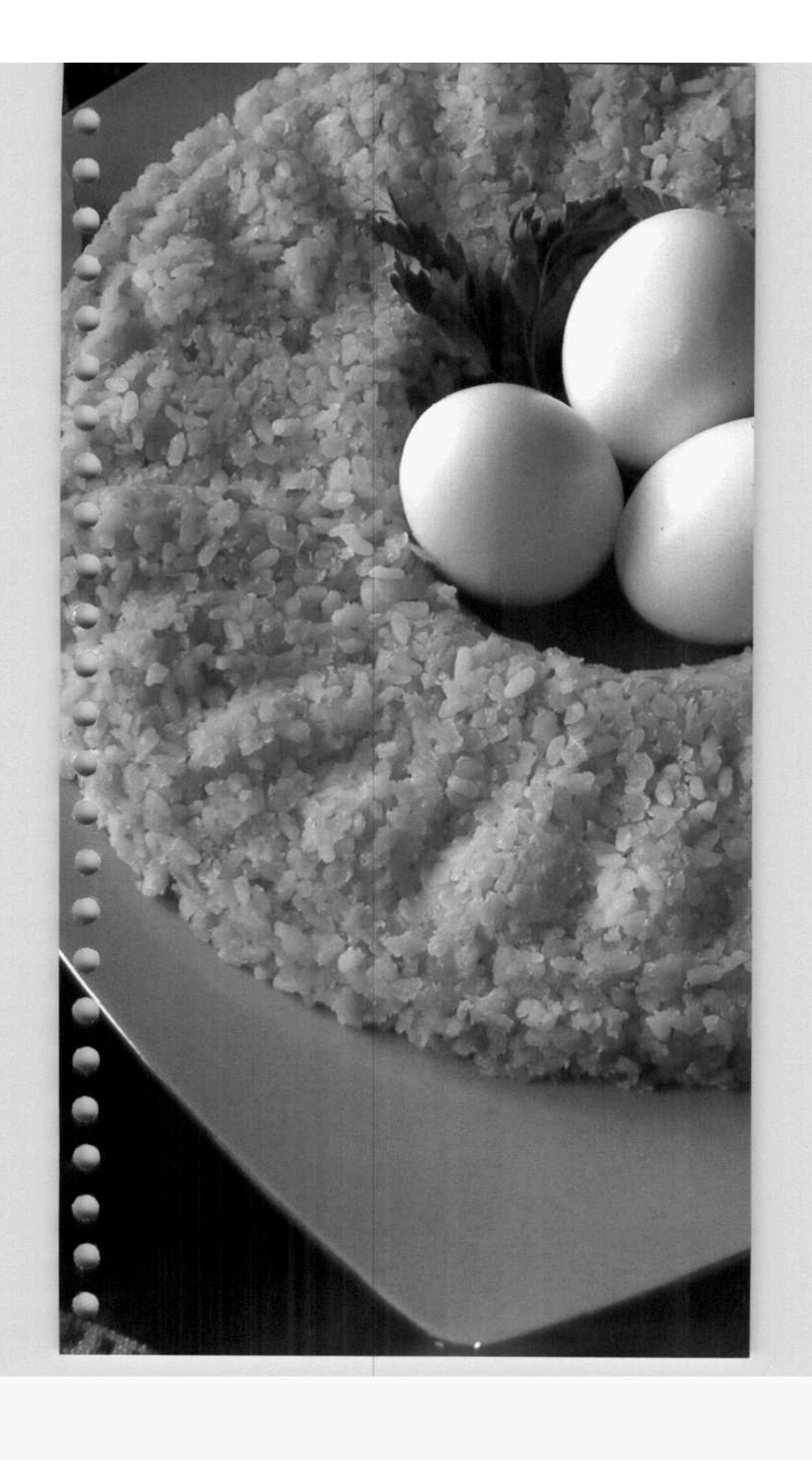
Method

1- Heat ghee, add water and salt and bring to a boil.

2- Clean rice and lentils, by picking out any stones and other debris. Wash under running water then add to boiling water.

3- Cook over medium heat, then over low heat until fully cooked (about 30 minutes). Serve with fried boiled eggs.





Boiled Fried Eggs

Ingredients:

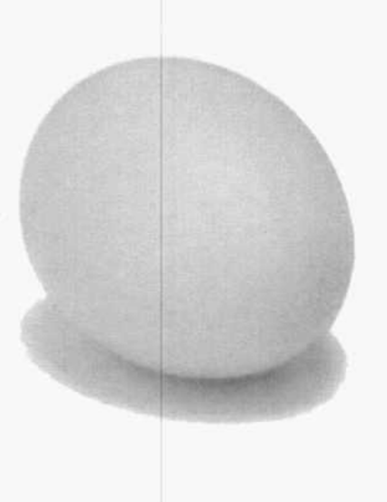
- 4 eggs
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 teaspoons ghee

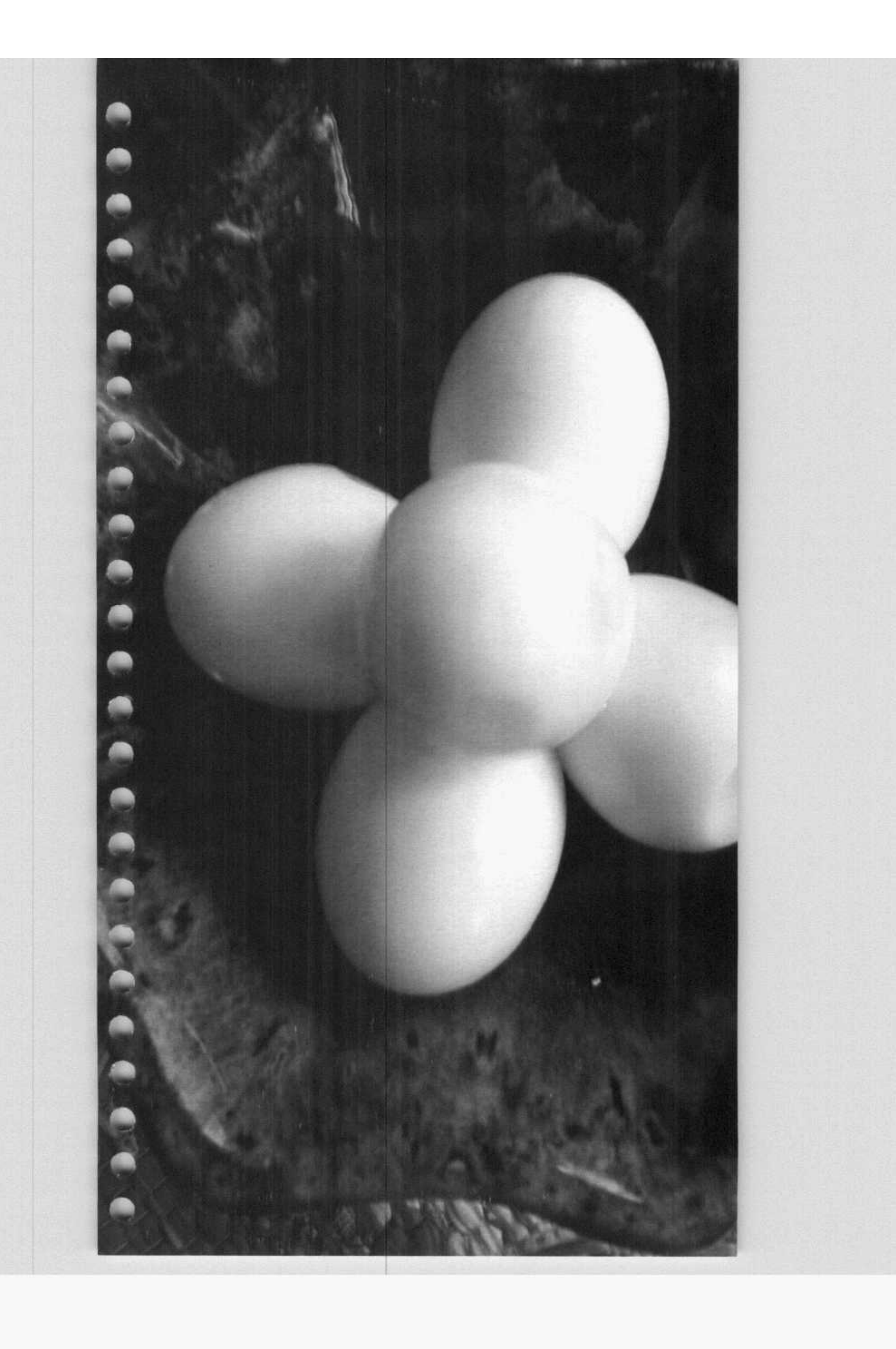
Method:

1- Hard boil eggs (10 minutes).

2- Peel eggs, season with salt, then pepper, then fry in ghee until golden brown. Serve.

Note: Boiled fried eggs are always served next to yellow lentils with rice or brown lentils with rice





Eggplant Yogurt Salad

Ingredients:

- 1/2 kilogram eggplants
- 1 cup oil for deep frying
- 2 cloves garlic
- 1 tablespoon lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper
- 1 cup yogurt
- 2 tablespoons chopped parsley

Method :

1- Slice eggplants and deep fry in oil (about 5 cm deep), arrange in a deep dish.

2- Chop garlic, and add lime juice, salt and red pepper, and combine with yogurt.

3- Spoon over eggplant slices and serve garnished with parsley.





Meal (11):

Breakfast:

- Fried Vermicelli with milk and sugar
- Pâté with cheese
- Tea or coffee with milk (opt)

Lunch:

- Cauliflower cream soup
- Dolma grape leaves
- Yogurt salad with cucumber
- Fresh fruits

Dinner:

- Mixed salad with boiled eggs and mayonnaise
- Pressed dates with ghee







Pâté with cheese

Ingredients :

- 2 cups flour
- 3 eggs (2 for the dough and 1 to garnish)
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1 cup warm water
- 1/3 cup oil
- 10 gm.dried yeast
- 1/2 teaspoon sugar to ferment yeast
- 1/2 cup warm water to ferment yeast

Stuffing:

- 1/4 kilo white cheese
- 1 bunch fresh peppermint

Method:

1- Add yeast to 1/2 cup warm water and 1/2 teaspoon sugar, add 1 tablespoon flour to yeast, then mix well and leave mixture to rise in warm place for 1/2 an hour.

2- Mix the rest of ingredients (2 eggs only) then add yeast, add water gradually to mixture and knead well.

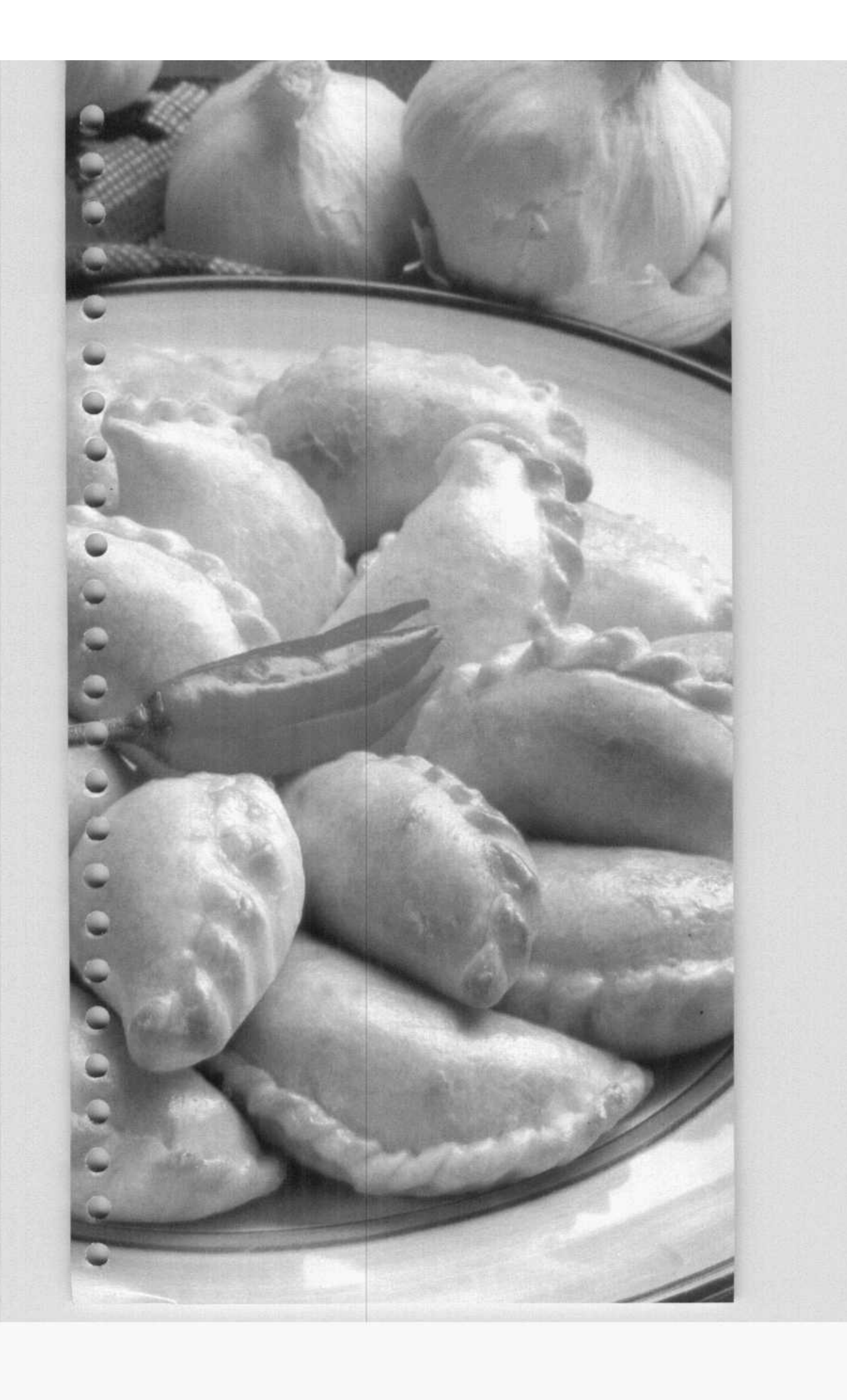
3- Divide dough into 6 balls. Roll each into a circle (about 1 cm thick).

4- Mix cheese and peppermint well, Stuff dough rounds with the mixture.

5- Fold dough in half, pressing the edges closed firmly with fingers.

6- Brush tops with 1 beaten egg, then set aside to rise for 30 minutes.

7- Bake in a hot oven for 30 minutes until tops are lightly browned. Serve



Cauliflower Cream Soup

Ingredients:

- 2 tablespoons ghee
- 2 tablespoons flour
- 1 liter water
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup cauliflower florets, boiled
- 2 tablespoons fresh cream

Method:

1- Melt ghee. Stir flour in ghee and cook until flour turns yellow, add water and bring to a boil.

2- Add salt, pepper, and boiled cauliflower pieces. Boil for 10 minutes.

3- Add fresh cream and serve hot.





Meal (12):

Breakfast:

- Cheddar cheese with white toast
- Jam and butter
- Tea or coffee with milk (opt)

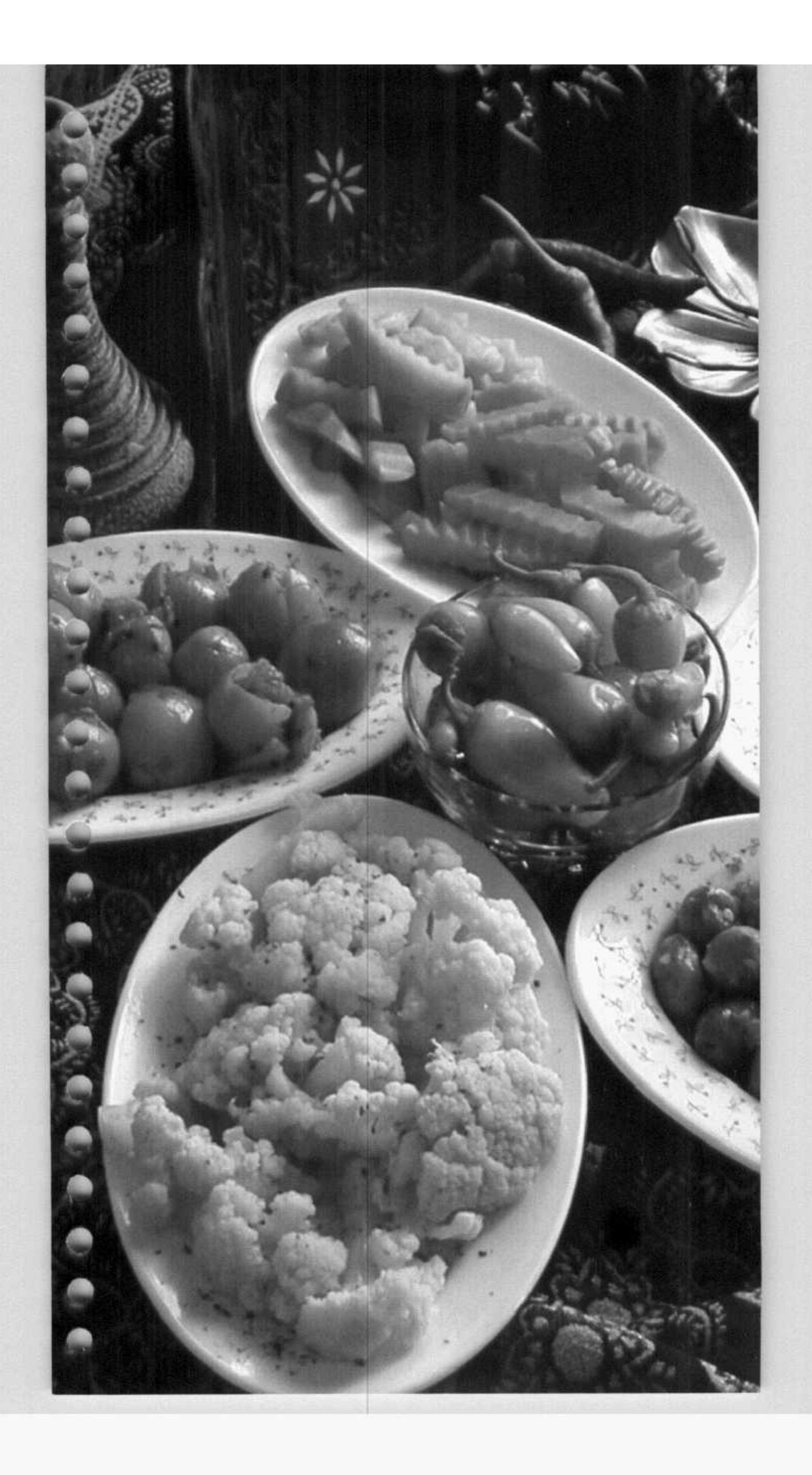
Lunch:

- Beans sprout soup
- Broad beans with chard and fresh coriander
- Mixed pickles
- Ice cream

Dinner:

- Gulash (Fillo dough) with cheese and eggs
- Yogurt and honey





Broad Beans with Chard and fresh Coriander

Ingredients:

- 1/2 kilogram sprout broad beans
- 1 onion
- 2 tablespoons corn oil
- 1 liter water
- 1/4 cup rice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cloves garlic
- 1 bunch fresh coriander
- 1bunch chard



Method:

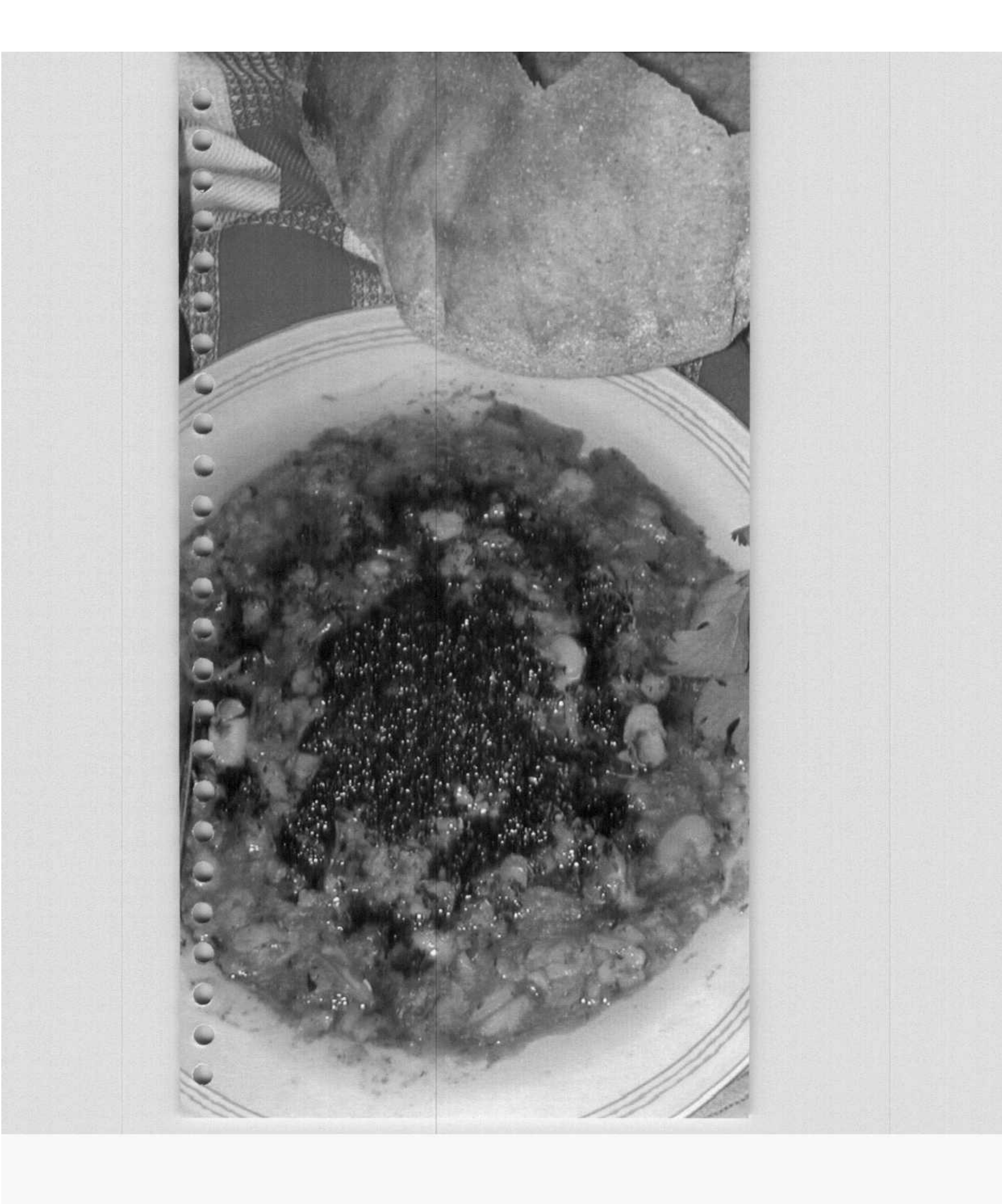
1- Chop onion and fry lightly in oil until yellow.

2- Wash chard leaves. Chop chard stalks and rinse with water, add to onion and stir until stalks turn yellow, add water and bring to a boil.

3- Peel broad beans and add to water. Cook about 20 minutes, then add rice. Season with salt and pepper and continue cooking until fully cooked (about 10 minutes).

4- Boil chard leaves in a little bit of water and purée in blender. Add to previous mixture and continue cooking until mixture thickens. Serve in one large or several small deep dishes.

5- Crush garlic and chop fresh coriander. Fry in hot oil and sprinkle on top of bean dish. Serve.



Gulash with Cheese and Eggs

Ingredients:

- 1/2 Kilogram gulash (filo dough)
- 1/2 cup ghee
- 1/4 Kilogram grated roomy chees (or other sharp cheese)
- 2 eggs
- 1 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

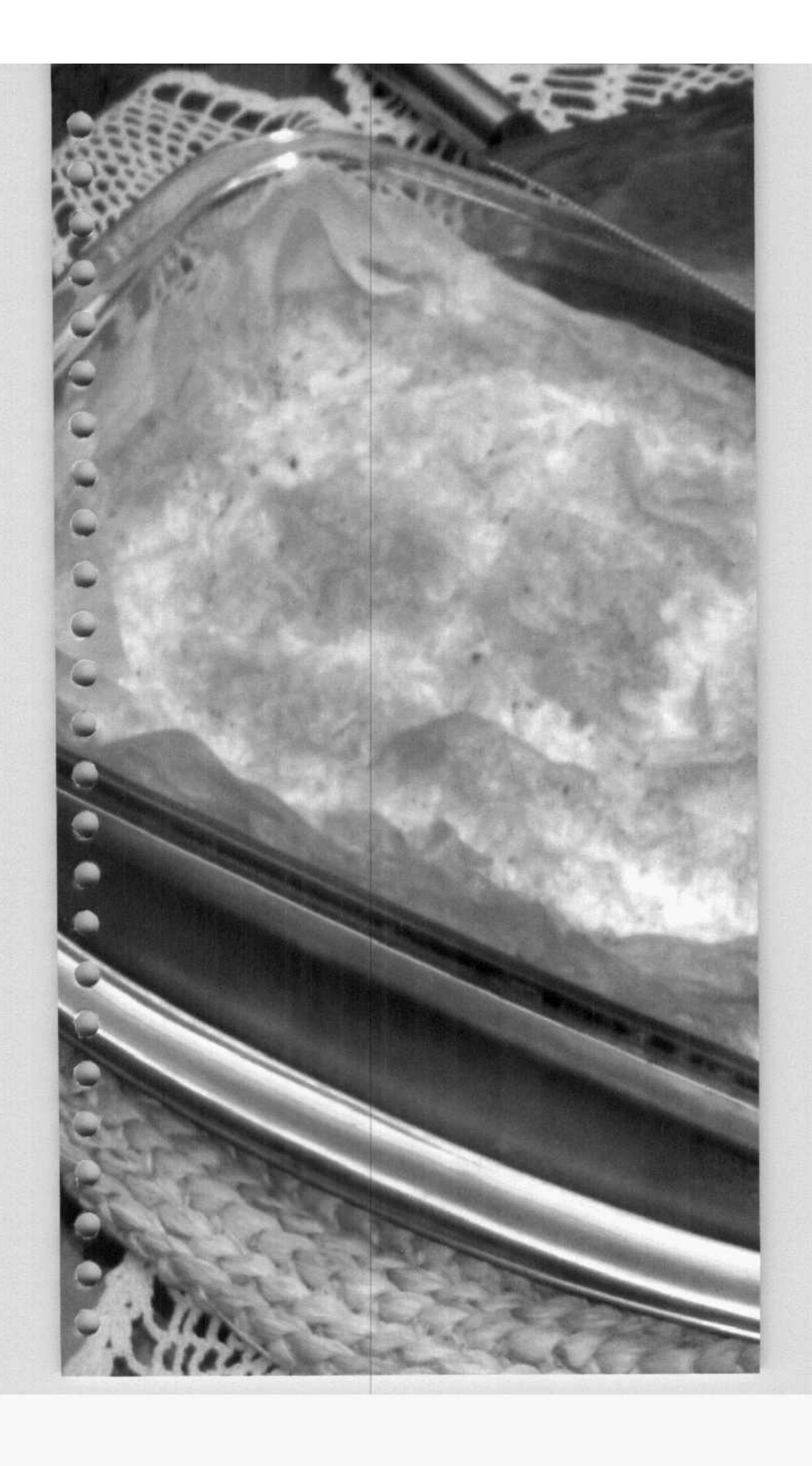
Method:

1- Grease the bottom of a large rectangular oven pan (29*39). Arrange half the gulash sheets sprinkling some melted ghee every other layer.

2- Spread grated cheese. Spread remaining gulash sheets in the same manner, then sprinkle top with ghee and bake in a medium hot oven for 15 minutes.

3- Beat eggs and milk. Season with a little pepper, remove pan from oven and cut gulash into squares. Pour milk and egg mixture over gulash and bake for a further 15 minutes until top is golden brown. Serve.





Meal (13):

Breakfast:

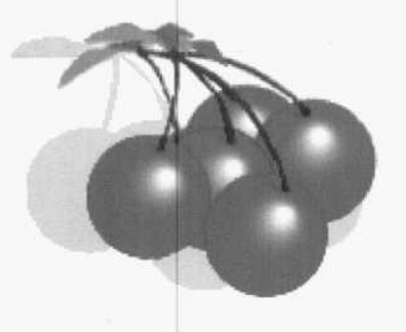
- Fried crushed bean patties
- Roomy cheese
- Tomato slices with cumin
- Tea or coffee with milk (opt)

Lunch:

- Cauliflower cream soup
- Stewed spinach
- Rice with tomato juice
- Chocolate mousse

Dinner:

- White cheese with fresh peppermint
- Boiled eggs with thyme dokka
- Tomatoes and cucumbers slices





Stewed spinach with chickpeas

Ingredients:

- 1/2 kilogram fresh spinach
- 1 onions
- 1/2 cup small dried chickpeas, soaked in hot water for hour
- 1 cup tomato juice
- 1 cup water
- 2 cloves garlic
- 1 bunch fresh coriander
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons ghee

Method :

1- Chop spinach and soak in water for 3 minutes, then drain in a colander and wash under running water.

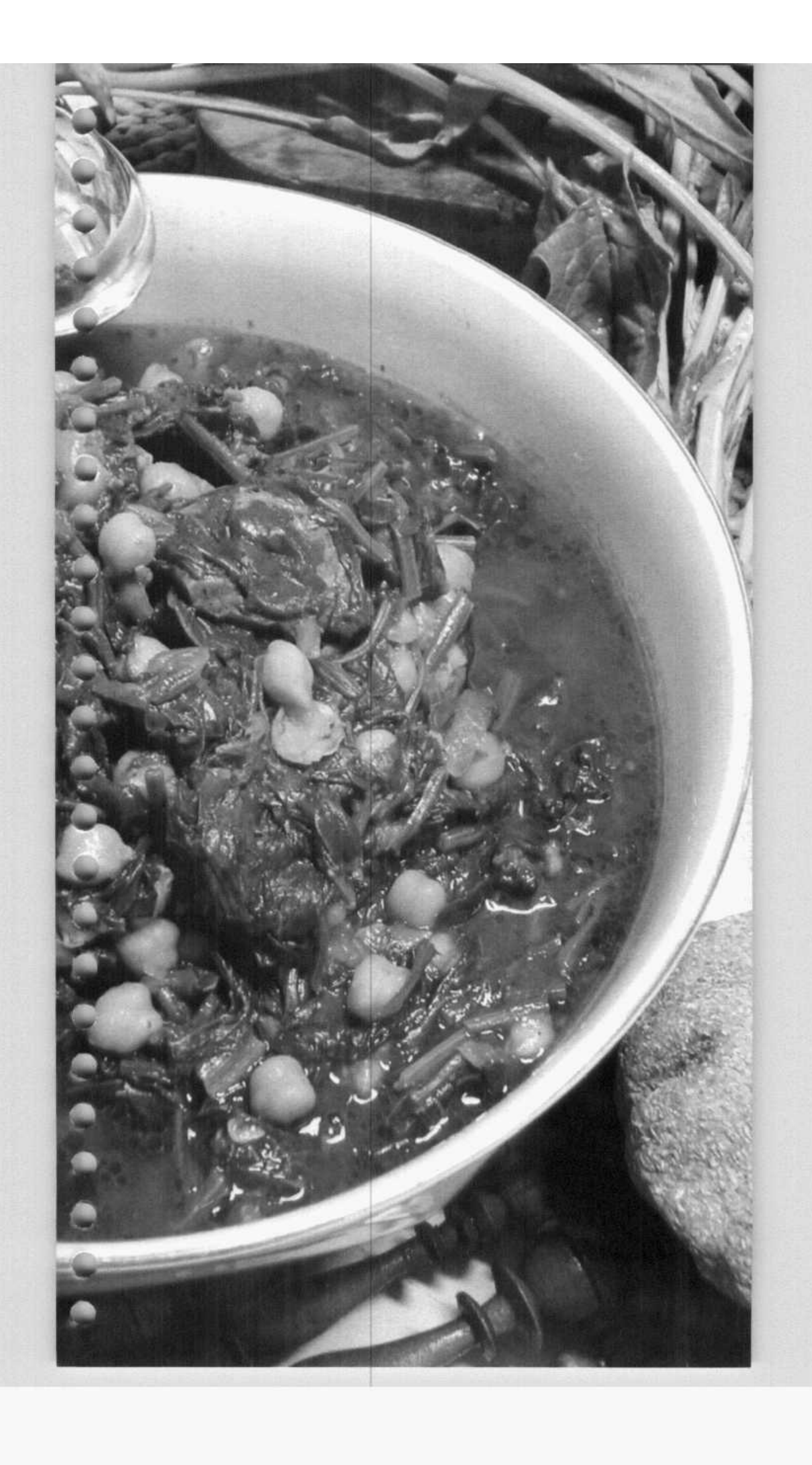
2- Slice onions, season with salt and pepper.

3- In a deep pot, arrange in layers spinach, onionmixture, add chickpeas.

4- Pour tomato juice and water over spinach and cook over medium heat for 30 minutes.

5- Mince garlic and fresh coriander with a little salt and pepper, add half the garlic mixture to the cooking spinach, then sauté the remaining half in ghee and toss with spinach.

6- Allow spinach to cook for 10 minutes, or until the liquid is absorbed. Serve



Rice with Tomato Juice

Ingredients

- 2 cups rice
- 1 tablespoon ghee
- 1 cup tomato juice
- 2 1/2 cups water
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup small dried chickpeas, soaked in hot water for 1 hour

Method

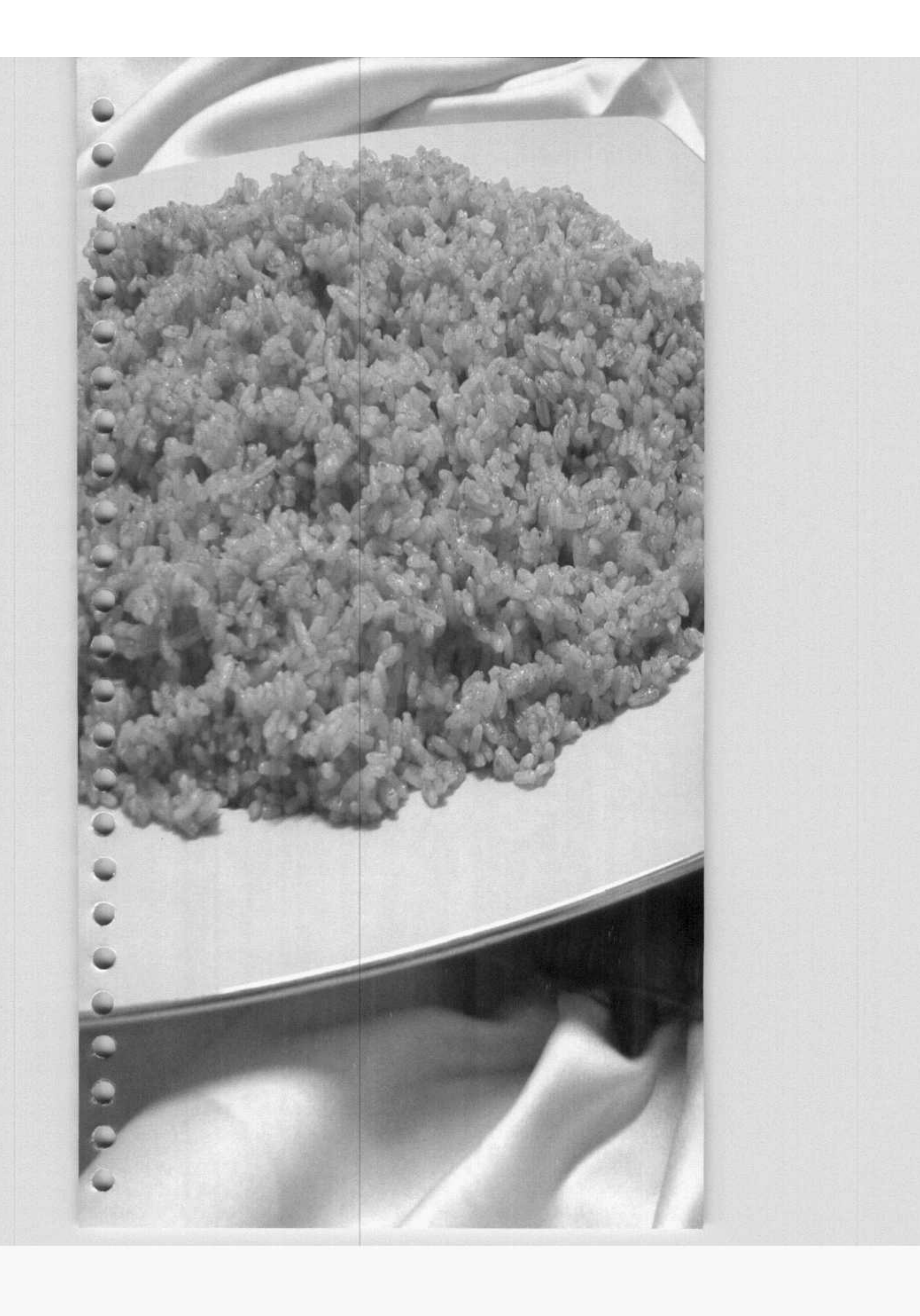
1- Melt ghee, add tomato juice and cook until sauce thickens and ghee rises to the top.

2- Add water, salt, and pepper and bring to a boil.

3- Add chickpeas and boil for 5 minutes, add rice and cook until liquid is absorbed.

4- Lower heat. Cook until well done, about 20 minutes. Serve





Meal (14):

Breakfast:

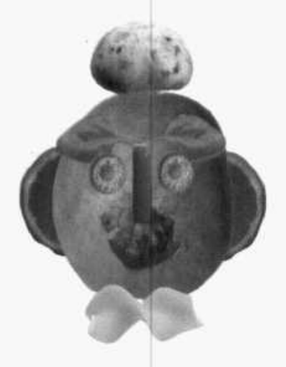
- Hard boiled eggs with thyme dokka
- Chickpeas with tahini salad
- Butter and jam
- Brown toast
- Tea or coffee with milk (opt)

Lunch:

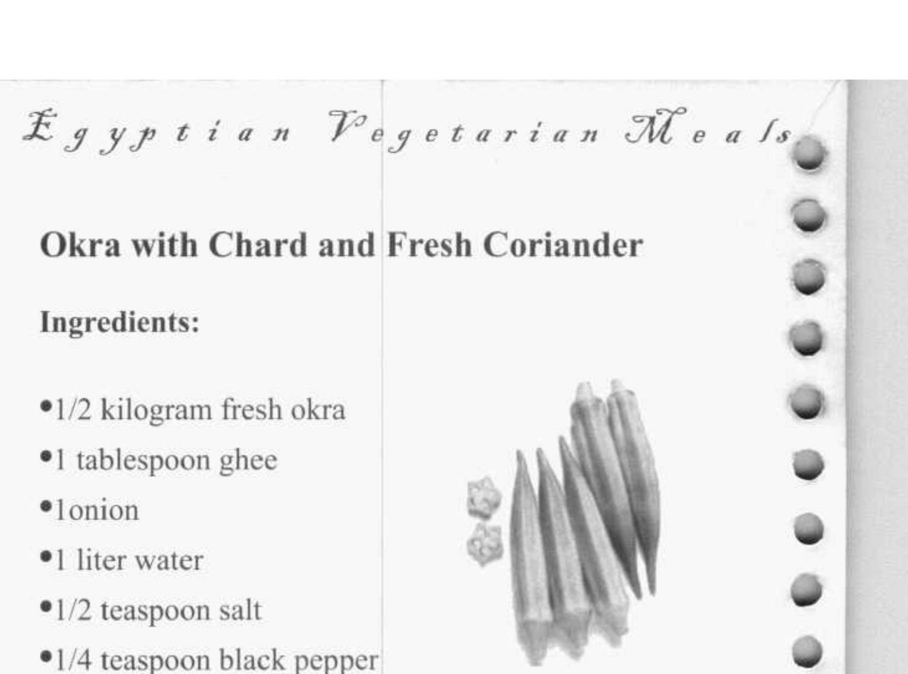
- Cauliflower cream soup
- Green okra with chard and coriander
- Rice with tomato juice
- Stuffed tomato with garlic and green pepper

Dinner:

- Grilled potato with fresh cream
- Greek salad







Okra with Chard and Fresh Coriander

Ingredients:

- 1/2 kilogram fresh okra
- 1 tablespoon ghee
- 1onion
- 1 liter water
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon lime juice

Green taqliya:

- 1 bunch each chard and fresh coriander
- 2 cloves garlic
- 1 tablespoon ghee





Method:

1- Wash okra and place in a sieve to dry, remove caps and thorns. Sauté lightly in 1 tablespoon ghee, preserving green color of okra, then remove from gheeand place in a sieve to drain excess fat.



2- Chop onion and sauté in ghee until golden yellow, add water, salt and pepper and bring to a boil. Then add okra and lime juice. Cover and simmer over low heat.





3- To make the taqliya, mince chard and coriander with garlic, then sauté in ghee until dry. Beat to a pulp with food processor.



4- Add taqliya to okra and boil for 10 minutes. Serve







Pumpkin Casserole with Béchamel Sauce

Ingredients:

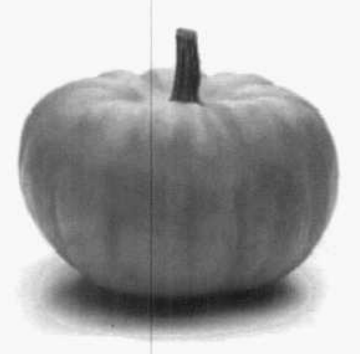
- 1 kilogram pumpkin
- 1/4 Kilogram sugar
- 1cup water

Béchamel sauce:

- 2 tablespoons flour
- 2 tablespoons ghee
- 3 cups milk
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla powder

Filling:

- 3 tablespoons chopped almonds
- 1/2 cup raisins
- 3 tablespoons grated coconut
- 3 tablespoons sugar
- 2 tablespoons rosewater
- 1 tablespoon fine dried breadcrumbs





Method :

1- Peel pumpkin and cube, removing seeds. Add sugar and water and place over low heat for 30 minutes. Remove from heat and place in a colander to drain excess liquid and sugar.

2- To make béchamel: fry flour in ghee until yellow in color. Add milk and sugar, stirring constantly for about 10 minutes until mixture thickens. Cool.

3- Beat egg and vanilla with a whisk. Add to béchamel and blend.

4- Make filling: combine nuts, raisins, coconut, sugar, and rosewater, add to cooked pumpkin. Add half the amount of béchamel sauce, mix ingredients together.

5- Grease an ovenproof dish. Pour in pumpkin mixture and cover top with remaining béchamel sauce. Sprinkle with the breadcrumbs.

6- Bake in a medium hot oven for 30 minutes until top is lightly browned , serve.



